

CLAIMS

That which is claimed:

1. A jacket comprising;
a portion of the jacket surrounding the upper extremity below the arms; and a portion of the jacket extending over the front chest quadrant, shoulder, and at least a portion of a first arm, wherein a second arm and associated upper extremity and shoulder region are not covered by the jacket.
2. The jacket recited in claim 1 wherein the arm covered by the jacket is the arm used in pitching.
3. The jacket as recited in claim 2 further comprising a fastener element, the fastener element permitting the region portion of the jacket surrounding the chest to be separated.
4. A method for providing a warm-up jacket, the jacket retaining warmth for one arm and associated muscles, the method comprising:
covering the one arm by the jacket;
shaping the jacket to expose the second arm and associated abdominal region; and
providing a lower portion of the jacket to secure the jacket to the abdomen.
5. The method as recited in claim 4 wherein the one arm is involved in a throwing activity.
6. The method recited in claim 4 further comprising providing the lower portion with a detachable fastener to permit removal of the jacket.

7. A jacket comprising;
 - a portion covering at least a portion of one arm and associated regions of the abdomen;
 - an aperture in the jacket exposing a second arm and associated regions of the abdomen; and
 - a lower portion securing the jacket to the abdomen.
8. The jacket as recited in claim 7 wherein the lower portion includes a fastener for detachably securing the jacket to the abdomen.
9. The jacket as recited in claim 7 wherein the jacket permits the one arm and associated regions to retain heat.